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Crawling to the Cup

Blackhawks' and Bruins' top skaters injured in Game 5, questionable for Game 6

PAGE 17

WORLD WATCHES AS MANDELA'S HEALTH WORSENS

Anti-apartheid leader reported to be in critical condition Sunday

PAGE 6


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Dr. Simi Soin, GENERAL DENTIST



City of Calgary roads department crew member Garth Storebo was busy clearing downtown Calgary streets Sunday. He and his team were on their second 12-hour shift in two days as the city begins the massive cleanup effort after devastating floods. DARREN KRAUSE/METRO

Nenshi thanks 'best friends in Edmonton'

State of emergency.
 Edmonton helps as 2013 floods declared worst flooding in Alberta's history


ANNALISE KLINGBEIL

annalise.klingbeil@metronews.ca

After days of round-the-clock work in the wake of the province's worst floods ever, Calgary Mayor Naheed Nenshi thanked crews from Edmonton for their help.

Firefighters, police officers, safety code officers and EPCOR employees from Edmonton have been assisting in Calgary as floodwaters recede and Calgarians begin the enormous task of cleaning up.

"It fills our heart with grati-

tude, and we have no better friends than our best friends in Edmonton," Nenshi said on Sunday morning, after announcing that 65,000 evacuated Calgarians were allowed to go back to their homes.

On Sunday afternoon, 60 Edmonton firefighters and a convoy of 12 vehicles headed south to flood-ravaged Calgary.

"Firefighters help people, and this is what it's all about," said Edmonton fire Chief Ken Block.

Block said this is the first time a mutual aid agreement between Calgary and Edmonton has been used.

"I'm very proud as fire chief that we're able to provide some assistance.... I absolutely know that they'd be there for us," he said.

Firefighters weren't the only ones helping in Calgary. Eighty Edmonton Police Services of-

ficers went to Calgary on Friday and returned on Saturday night. More than 2,000 soldiers, including many from Edmonton, are helping across southern Alberta.

As well, six safety code officers were sent to assist in building assessment, while Edmonton drainage crews may go to Calgary later this week.

"We've been providing a good deal of support to our friends in Calgary. Anything we can to get them back into what is a normal life," said Al Fraser, director of the City of Edmonton's office of emergency management.

Mayor Stephen Mandel said he has been staying in contact with Calgary's mayor via text message.

"It's a great city and it's a horrible event and we just hope everybody gets through it okay," Mandel said.

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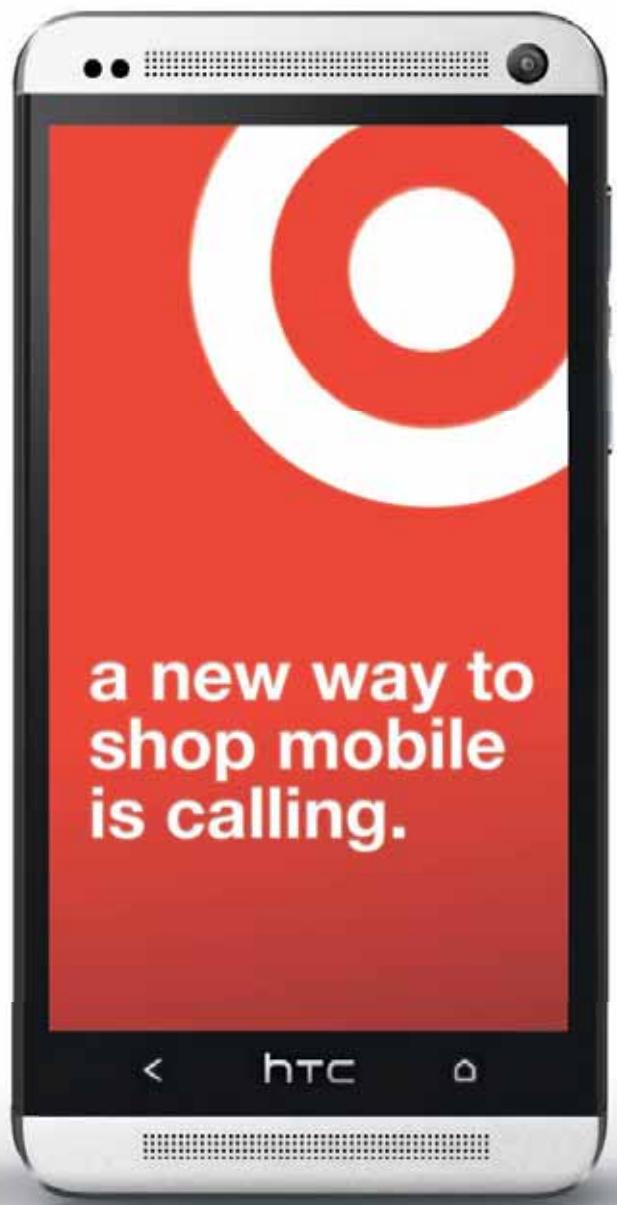
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Wards 6 & 2

New faces join council race

Several candidates have stepped forward to run in Ward 6, which will be left vacant as current Coun. Jane Batty is not seeking re-election this fall.

Kyle Brown, Bryan Kapitza and Scott McKeen are all running in the downtown ward.

McKeen is a former journalist and city hall columnist who recently worked as the City of Edmonton's first-ever blogger in residence.

Kapitza also ran for Ward 6 in the 2010 election, while Brown has worked for local government.

Meanwhile, former public school board trustee Bev Esslinger has announced she is running in Ward 2. **METRO**

Wetaskiwin

Suspicious death investigated

RCMP officers in Wetaskiwin are investigating after a woman was found dead early Saturday.

RCMP officers were dispatched to the body, which was found in an outdoor location in the city's south end, around 8:15 a.m.

Calgary major crimes, the Red Deer forensic identification section and the Wetaskiwin general investigation section are assisting with the investigation, according to an RCMP release.

An autopsy has been scheduled in Edmonton for Monday at 1 p.m.

The woman's identity is not being released at this time. **METRO**

Scottish festival. No one was tardy to this tartan party

Haggis was eaten, bagpipes were played and cabers were tossed on Sunday at the Edmonton Scottish Society's Highland Gathering, celebrating all things Scottish.

The festival, held at Grant MacEwan Park, was so popular that staff struggled to find parking for guests.

"The Highland Gathering shows great vitality in this ethnic group and the attraction of this group to the general public," said Douglas Anderson, who performed at the gathering as part of the Ellerslie Scottish Country



A group of young girls participate in the highland dance competition at the Highland Gathering on Sunday. **PATRICK NGUYEN/FOR METRO**

Dancers. "It brings everyone together."

Anderson made it clear that the festival was for everyone,

regardless of heritage.

"It gives us a chance to share Scottish culture with the world," he said.

Daniella Cho, an Edmonton resident and first-time attendee, said she loves the fact the event is a public celebration.

"This is awesome. I had no idea what to expect, but I'm glad I came," Cho said. "This is the great thing about Edmonton — there's always new things to see and do."

The festival's main features were the highland dance competition, the largest in Alberta, and the heavy-lifting sports, including the caber toss and the hammer throw. **PATRICK NGUYEN/FOR METRO**

Residents warned to keep away from river

Flood watch. City continues to monitor North Saskatchewan



ANNALISE KLINGBEIL

annalise.klingbeil@metronews.ca

Edmontonians are being cautioned to stay away from riverbanks, creeks and trails as the North Saskatchewan River continues to rise.

A flood watch is still in effect for the city.

"All sorts of debris has been washed down from upstream and it's just a safety hazard," said Chris Ward, branch manager of drainage services with the City of Edmonton, on Sunday afternoon.

City crews have been

working long hours to monitor the situation and boat launches in the city have been closed.

Edmontonians are being told to stay off the North Saskatchewan River completely.

As a precaution, about 1,200 sandbags have been delivered to Riverdale and the bottom of the Whitemud, and a road has been closed in Riverdale.

Ward said that the river was near its peak on Sunday afternoon and will start to drop back down soon.

"The river level has not risen to the point of causing us any flooding concerns. As I stress, we will continue to monitor it," Ward said.

Meanwhile, a local state of emergency remains in effect for Devon, which is 26 kilometres southwest of Edmonton.



Sandbags protect a home in Riverdale on Sunday. **PATRICK NGUYEN/FOR METRO**

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NEWS

Calgary improves but transit issues remain



Canadian military reservists stand guard along a normally bustling northbound Macleod Trail on Sunday as crews continued their cleanup and city inspectors continued assessing downtown damage. DARREN KRAUSE/METRO

Flood recovery.

Some city services will be withheld as staff are diverted to other areas



JEREMY NOLAÏS
Metro in Calgary

Owners of downtown businesses and residential suites are being allowed back into the core to assess flood damage, but workers are being urged to stay away until at least Wednesday.

Even when things do return to normal, some commuters may be forced to rely on shuttle buses to get around, as city officials revealed Sunday that the Calgary Transit LRT line running south sustained damage from the fast-moving waters.

"We will be working hard to restore service back to the

Death in Mission

Police discovered the body of an 88-year-old woman in a main-level apartment in Mission on Sunday.

- However, it's unclear if her death was related to flooding in the city.
- Deputy police Chief Trevor Daroux did confirm there was water in the woman's suite and it's believed she chose to ignore an evacuation order for the area.

northeast, northwest and west within the next two days," Mayor Naheed Nenshi said during a Sunday-evening briefing.

Two LRT tunnels along the south line were damaged, and photos that circulated over the weekend appear to

show track damage near Erlton station.

City crews hoped to reopen the Centre Street Bridge early Monday to ease traffic pressure.

Earlier in the day, the city allowed 65,000 residents evacuated on Thursday and Friday to return home. However, areas in Bowness, Sunnyside and Elbow Park were still without a working sewer system.

Residents were told to steer clear of their homes if water rose above any electrical outlet.

"Water and electricity don't mix," Nenshi said.

Enmax crews were able to restore power to a vital substation downtown on Sunday, which appeared to improve the prognosis for the core.

Crews also determined Sunday that a second substation inundated with water in Douglasdale did not sus-

tain significant damage, despite Enmax CEO Gianna Manes stating earlier in the day that it had "become part of the Bow River."

Elsewhere, some city services will be reined in as many staff are diverted to flood recovery. Blue-bin recycling, for example, is suspended indefinitely, but black-bin garbage pickup will continue as normal in areas not affected by flooding.

Follow online

People are encouraged to check back at calgary.ca for the latest information.

- Metro will also provide updates on all briefings from the emergency operations centre on Twitter and online at metronews.ca.



Flood disaster the worst in Alta. history: Premier

As Alberta's southernmost communities braced for a rush of water that had already wreaked havoc in more than a dozen communities as of Sunday night, Premier Alison Redford confirmed the province is in the midst of its largest flood-related disaster in history.

At press time, 25 communities remained in varying states of emergency.

At a Sunday-evening briefing, Redford pledged support for victims through the provincial disaster recovery fund and said more details would be provided Monday on how much money is available.

"We will remember this forever," she said. "From High River to Canmore to Medicine Hat and to Lethbridge, I have seen in Alberta what I think few of us could imagine just a short time ago: People with more resilience, positivity and courage than I ever thought possible."

While residents in Canmore, which was the first to declare an emergency Thursday, began to return home to survey damage, people in the hard-hit High River area learned it could be another week before they could do the same.



Volunteer firefighters in Medicine Hat take a break after building up a wall of sandbags. NATHAN DENETTE/THE CANADIAN PRESS

Worst of the worst

"There is no spot that is worse than High River."

Municipal Affairs Minister Doug Griffiths

hazardous areas.

Meanwhile, tensions were rising downstream and to the east, where 10,000 people in Medicine Hat's flood zone were instructed to head for higher ground.

The powerful South Saskatchewan River was not expected to crest until Monday, but by Sunday morning it was lapping over its banks in low-lying areas and people were busy laying down thousands of sandbags.

JEREMY NOLAÏS/METRO IN CALGARY, WITH FILES FROM THE CANADIAN PRESS

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Mandela. South Africa's president asks world to pray for national hero

Nelson Mandela's health has deteriorated and he is now in critical condition, the South African government said Sunday.

The office of President Jacob Zuma said in a statement that he had visited the 94-year-old anti-apartheid leader at a hospital Sunday evening and was informed by the medical team that Mandela's condition had become critical in the past 24 hours.

"The doctors are doing everything possible to get his condition to improve and are ensuring that Madiba is

well looked after and is comfortable. He is in good hands," Zuma said in the statement, using Mandela's clan name.

Mandela, who became South Africa's first black president after the end of apartheid in 1994, was hospitalized on June 8 for what the government said was a recurring lung infection.

THE ASSOCIATED PRESS



Nelson Mandela



A man walks past a mural depicting the life of former president Nelson Mandela in Johannesburg on Sunday. GETTY IMAGES

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'Revenge porn' victim advocates for new laws

No consent. Private sexual video chat posted by woman's ex after they broke up has had 'devastating' effect on her personal, professional life

JESSICA SMITH
Metro in Toronto

Holly Jacobs was in a committed long-term, long-distance relationship with a man she trusted. To keep the romance alive, she participated in a private sexual video chat with him.

She didn't know he'd recorded it, but he did. She didn't know that after she broke up with him it would go viral on the Internet, but it did. Along with her full name, workplace and contact info, Jacobs told Metro she be-



lieves the video was posted as a form of "revenge porn" — intimate photos or videos posted online without the other person's consent, with the intent to hurt them.

Nova Scotia MP Robert Chisholm is hoping Canada will follow New Jersey and make the posting of revenge porn illegal. He tabled a private member's bill before Parliament broke for the

summer and hopes to work with the Conservatives on a similar bill in the fall.

His draft bill would make it an offence to distribute nude or sexually explicit photos of someone without his or her consent, punishable by jail time of 18 months to 10 years.

Chisholm wrote the bill after consulting with Rehtaeh Parsons' family, who live in his riding.

endrevengen.com

Fighting back

When Holly Jacobs broke up with her boyfriend, she was a PhD student — she didn't plan to be a porn star. But now, if anyone searches her birth name online, they'll find a video of her performing a sexual act.

"The kind of damage that revenge porn can do to someone's life — professional, personal, psychologically — it's devastating," she said. Jacobs changed her name to Holly Jacobs, but someone kept linking her name and the details of her career with the pornography. Jacobs eventually convinced police to lay cyberstalking charges against her ex. She has also launched endrevengen.com.

JESSICA SMITH/METRO IN TORONTO

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U.S. Girl Scouts look on as the cookie crumbles

Opposing camps.

Fiscal trouble, declining membership and grass-roots dismay plague organization

Given the friction and financial woes facing the Girl Scouts south of the border these days, perhaps it's time for a giant friendship circle.

Food production

Laval student links bee deaths to certain insecticide

Seeding is over for this year on Canadian corn and soy farms. But research suggests the consequences on bees could last a long time.

Laval University master's student Olivier Samson-Robert collected data showing apiaries less than three kilometres from fields with insecticide-treated seeds had three times the mortality rate of other locations.

Just a year after its centennial celebrations, the Girl Scouts of the USA finds itself with problems including declining membership and revenues, a dearth of volunteers, rifts between leadership and grass-roots members, a pension plan with a \$347-million US deficit, and an uproar over efforts by many local councils to sell venerable summer camps.

The tangle of difficulties has prompted one congressman,

Quoted

"I am worried that America's Girl Scouts are now selling cookies to fund pension plans instead of camping."

Rep. Bruce Braley, D-Iowa, in a letter last month to the chairman of the House Ways and Means Committee.

Rep. Bruce Braley of Iowa, to re-

quest an inquiry by the House Ways and Means Committee into the pension liabilities and the sale of camps.

Compounding the problems are tensions at GSUSA headquarters in New York, where several senior executives have quit or been ousted since Anna Maria Chavez took over as CEO in 2011. Last week, some of the roughly 325 employees there were invited to take early retirement. THE ASSOCIATED PRESS



Anna Maria Chavez, CEO of Girl Scouts of the USA, left, helps out on National Girl Scout Cookie Day in New York City. GETTY IMAGES FILE

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Palestinian wins Arab Idol

Singer Mohammed Assaf is seen on the Arab Idol stage in Beirut, Lebanon, on Saturday night, when he became the first Palestinian to win the Arab world's version of American Idol. That set off wild celebrations across the Palestinian territories. After the victory, Palestinian President Mahmoud Abbas declared the singer an honorary ambassador. He was also named a youth ambassador by the UN's Relief and Works Agency, which serves Palestinian refugees across the Middle East. The agency runs the Khan Younis refugee camp in Gaza, where Assaf has lived since the age of four.

MBC GROUP/THE ASSOCIATED PRESS



THE GREAT CITY-HALL SIDESHOW

Now that we have four credible candidates for the mayor's chair, it will be interesting to see who actually talks about the very real and pressing challenges facing the city. Those challenges do not include leadership, vision, teamwork or revitalization of the downtown core.

Civic elections bring to the surface a lot of wishes, dreams, gripes and complaints that really have little or nothing to do with creating a better future for Edmontonians. As much as people might like or hate the big steel ball structure known as the Talus Dome, it is hardly going to decide our city's future. The same can be said for bicycle lanes, Winston Churchill Square and the development of the City Centre Airport lands.

While all those things may generate public commentary, in the final analysis they are only distractions that keep us from focusing on much more complex and important issues.



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

The city auditor's warning that Edmonton is fast becoming financially unsustainable is one of those issues. As David Wiun pointed out, the growth in the number of civic employees is likely to create a problem with the city's operational budget. Right now, 60 per cent of the city's operating budget of \$1.95 billion goes to paying salaries. The city is also projecting that it will need another 700 workers each year to maintain current service levels. If that comes to pass, there will be almost 3,000 more workers on the civic payroll by the time the 2017 election comes around.

You can translate Wiun's words to mean that there may not be enough money to pay for all the services the city is expected to provide because it is being drained off by the salaries of the employees who are supposed to provide those services. I want to hear candidates address that issue.

I would also like candidates to talk about the city's debt.

Reality check

Civic elections bring to the surface a lot of wishes, dreams, gripes and complaints that really have little or nothing to do with creating a better future for Edmontonians. As much as people might like or hate the big steel ball structure known as the Talus Dome, it is hardly going to decide our city's future.

In 2011, the debt was \$1.974 billion. According to the city's website, we should take some comfort in the fact that we are only at 53.7 per cent of the debt load the Municipal Government Act allows us to carry. The city refers to this as managed debt. It is not difficult to manage debt when we have historically low interest rates. But what will happen if those rates jump? I would also like to hear candidates address that issue.

What do you want the candidates to talk about?

ZOOM

Flying bike idea gets off the ground

ET-like flying bike takes to the skies

It's a bird! It's a plane! No, it's a flying bicycle! British designers Yannick Read and John Foden have revealed their extraterrestrial-looking vehicle, the XploreAir Paravelo, a bike that transforms into an ultralight aircraft requiring no licence to fly and capable of reaching altitudes of up to 1,220 metres. METRO

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- Speed & power.** Travels at 40 kilometres an hour in the air, for up to three hours at a time, powered by a biofuel 249cc motor and parachute.
- Design.** Foldable, tows a lightweight trailer carrying a powerful fan.
- Plans.** If it draws enough public support, it will go into full production and later go on sale for less than \$23,488.

Bikes and the Wrights

"The Wright brothers were former bicycle mechanics, so there's a real connection between cycling and the birth of powered flight that's recaptured in the spirit of the XploreAir X1 flying bike."

John Foden, co-designer at XploreAir

It's economical, too

"Unlike a helicopter, you don't need a large hangar and bank balance to own a flying bicycle — you can store it in your apartment and it costs less than a car."

Yannick Read, co-designer at XploreAir
Read's previous invention was the "B.O.N.D." (Built of Notorious Deterrents) bicycle, a vehicle equipped with a flame thrower, caterpillar tracks and an ejector seat. It was built following a survey asking cyclists about their pet peeves.



JONATHAN HORDLE/REX FEATURES

If you're the type who eschews the summer reading list for a summer mobile-gaming list, the past few weeks have been very good to you. Here are three games to chew up the hours while you're taking a break from the sun:

Badland:

Guide your flying fluffball through a beautifully designed interactive world that also happens to be relentlessly hostile. Scoop up power-ups along the way to survive a challenging mix of platforming and puzzle-solving, similar to Limbo. (iOS and Android: \$4.99)



weigh the pros and cons of going big guns blazing versus staying swift and nimble. (iOS and Android tablets: \$4.99)

Frozen Synapse:

A wildly addictive and challenging tactical strategy game that charges you with commanding a team of soldiers across a minimalist game board, using buildings and obstacles as cover. Find which of your soldiers complement each other best and surprise your multiplayer opponents with clever ambushes. (iPad: \$6.99)

Leviathan Warships:

Manage and upgrade a fleet of ships for turn-based multiplayer naval warfare against your friends. Everything about your fleet is customizable, so it's up to you to



donation and encourage all CDNs to do the same: <http://fly.ws/17wjrab>

RE: Floods ravage southern Alberta, published June 21

@WestJet: We've asked WestJetters to match our @redcrosscanada

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca

How to get your undead fix

World War Z. Zombies have captured our imagination for years — here are a few suggestions on how to enjoy these infamous brain eaters

 NED EHRBAR
Metro World News in Hollywood

It's rarely a good sign when reports of trouble behind the scenes of your mega-budget film eclipse the movie's marketing, but that's what has been going on with World War Z for the better part of a year now, with everything from script problems to massive rewrites to strife between star Brad Pitt and director Marc Forster nabbing headlines. None of this suggests good news when it comes to the film itself. If you're not feeling too confident about seeing the new zombie flick either, here are some alternatives to get your undead fix.

Go read a book

After being worked on by a who's who of Hollywood screenwriters, the film World War Z strays pretty far from the book that inspired it. Why not curl up with Max Brooks' original and envision some worldwide zombie terror with your own imagination?

Go for a classic

There are plenty of sub-par zombie movies out there, so instead of taking the risk of seeing yet another, why not revisit something more dependable? In keeping with the fast-moving brain-munchers of World War Z, we recommend Danny Boyle's

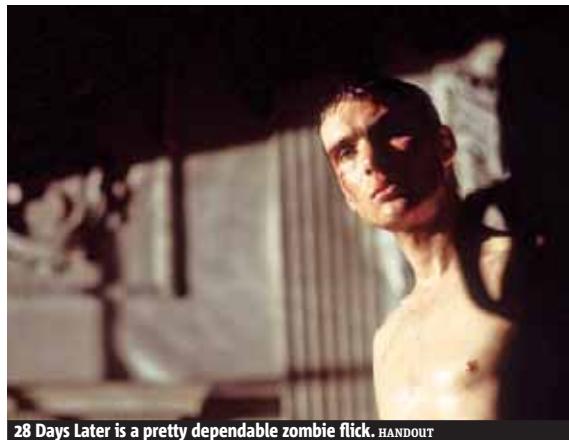


Get your zombie fix by catching up on the latest season of *The Walking Dead*. HANDOUT

chilling 28 Days Later or Will Smith's take on I Am Legend. Of course, there's always Lucio Fulci's unintentionally hilarious Caribbean-set Zombie from 1979, which features a zombie-versus-shark battle that has to be seen to be believed.

Go gaming

The latest season of *The Walking Dead* might be over, but there's plenty more — and, arguably, better — action to be had in the impressively sprawling, award-winning video game version. But don't expect to walk around as an Andrew Lincoln avatar or anything, as the game is based more on the comic book that inspired the show and uses completely new characters — though you may come across some familiar faces.



28 Days Later is a pretty dependable zombie flick. HANDOUT

Get on Netflix

Maybe you haven't actually caught up on *The Walking Dead*, in which case good news: The entire series is

available for streaming on Netflix. On the film side, you can also stream the zombie thriller Let Me In, which is the American remake of the

Box office

Monsters beat out zombies

Disney's Monsters University is the weekend box-office winner, according to studio estimates released Sunday. The animated family film, a prequel to Monsters Inc., debuted in first place with \$82 million. It beat out Paramount's Brad Pitt zombie romp World War Z, which opened in second place with \$66 million.

THE ASSOCIATED PRESS

stellar Swedish flick Let the Right One In.

Go indie

Writer/director/star Jeremy Gardner made the Battery, an impressively original zombie flick, on a budget of \$6,000 — but you can hardly tell. Consider it the antithesis to the bloated World War Z. The indie gem has been collecting awards and accolades around the world on the festival circuit and is now available to rent or own online. Find out more at thebatterymovie.com.

Go to the movies

Instead of the zombie apocalypse, how about just the good old-fashioned actual apocalypse? This Is The End is still going strong at the box office and may be the funniest thing in theatres. And Jonah Hill turns into something sort of resembling a zombie at some point. Plus, it's got cannibals, well-endowed demons and Emma Watson with an axe. How is Brad Pitt supposed to compete?



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SCENE

Scare king Stephen aiming to terrify and trap viewers Under The Dome

TV adaptation. Horror author's tale of town trapped under an invisible dome came from an idea he had in the '70s which resulted in a book release in 2009

Stephen King has scared a lot of people with his many horror novels and their subsequent film and TV adaptations. When he met with reporters in this coastal town Thursday, the prolific author was asked what scares him.

"You guys," he deadpanned.

King was in town to promote Under The Dome, a summer drama which premieres Monday at 10 p.m. ET on CBS and Global. The series is about a small town which suddenly and inexplicably is cut off from the rest of the world by a large, invisible and impenetrable dome.



Deputy Linda (Natalie Martinez) and her fiancé Rusty (Josh Carter) are separated by the dome. THE CANADIAN PRESS/HO,CBS

Birds and planes fall out of the sky. Supplies cannot be brought in or out. The locals panic as resources begin to dwindle.

King says he first had the idea to write about a town

trapped under a dome back in the early '70s, before he published his first novel, Carrie. The fact there was a similar dome over Springfield in 2007's The Simpsons Movie only

makes King go "D'oh!" He's just glad he had the idea first.

Under The Dome was originally developed for the U.S. cable network Showtime, but despite tighter content restrictions King says he's happy it eventually moved to parent broadcaster CBS. He prefers the bigger room, "an arena rather than a club show."

While the idea of a community being cut off from the rest of the world, including cellphones and the Internet, lends itself to some allegorical interpretations, King cautions viewers not to look for deeper meanings. Whether he's writing a novel or executive pro-

True to form

"The first time out, I'm just trying to scare the s— out of you."

Stephen King, author of Under The Dome
Whether writing a novel or executive producing TV, his aim is clear

duing a miniseries, King says, "the first time out, I'm just trying to scare the s— out of you."

The series stars Montreal-born Rachelle Lefevre (two Twilight movies), Mike Vogel, Natalie Martinez, Britt Robertson and Dean Norris (Breaking Bad) and counts Steven Spielberg and former Lost writers Brian K. Vaughan and Jack Bender among its executive producers.

It's set in the New England town of Chester's Mill, but shot in Wilmington. At a red-carpet screening at the town's historic Thalian Hall Thursday night, the 65-year-old author hid his face in mock horror at the mention of another one of his adaptations — Maximum Overdrive. That 1986 movie, also shot in Wilmington, drew two dreaded Golden Raspberry nominations. King has much higher hopes for Under The Dome, calling this cast the best he's ever worked with.

Lefevre plays the editor of the town's newspaper. When she was first cast, the 33-year-old started reading King's novel, which clocks in at hefty

1,000 pages plus. Executive producers Neal Baer (ER) and Vaughan told Lefevre and the others to hold off on the book, given that so many changes have been made for the series.

Entire characters are either added or missing. King saw the ambitious town sheriff character "Big Jim" (played by Norris) as a "Dick Cheney type." The producers say he is the town Machiavelli. King gave the producers carte blanche to make any changes they see fit, quoting Elvis to them by saying, "It's your baby. You rock 'n' roll it now."

Being sequestered in Wilmington for the 13-episode shoot keeps the actors close and cosy, says Lefevre. Now a Los Angeles resident, she has long accepted this gypsy life she chose and compares working on TV shows to being at an extended summer camp.

This applies to friendships and relationships formed along the way, many of which end as soon as a cast scatters and moves on to another projects. Or, as Lefevre puts it, "It's like your camp boyfriend always dumps you when school starts." The busy redhead also has two big-budget feature films coming out: White House Down with Channing Tatum and Jamie Foxx and Homefront with James Franco and Jason Statham, from a screenplay co-written by Sylvester Stallone. THE CANADIAN PRESS

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Can't get no satisfaction? Then tune in to CTV

Want Satisfaction? If so, be sure to watch CTV this summer. Satisfaction, a half hour comedy about three roommates navigating the world of romance, friendship and heartache, begins airing Monday at 8 p.m. ET/PT. Metro spoke to the three stars of the show and asked them to reveal what really satisfies them.

Luke Macfarlane

The thing that brings me the most satisfaction in my life is building things. Whether it's building something out of wood in my workshop or collaborating with the many people it takes to build an episode. There is nothing more satisfying than seeing the efforts of your labour.

Leah Renee

Spending time with my dogs, Bogey and Brigitte for one. Dogs really are a girl's best friend, and there's nothing like a good cuddle.



session with them. Then, cooking while listening to some good music and having a big glass of wine is also pretty perfect. All that being said, I've gotta be honest, waking up every day and going to my dream job is pretty amazing.

Ryan Belleville

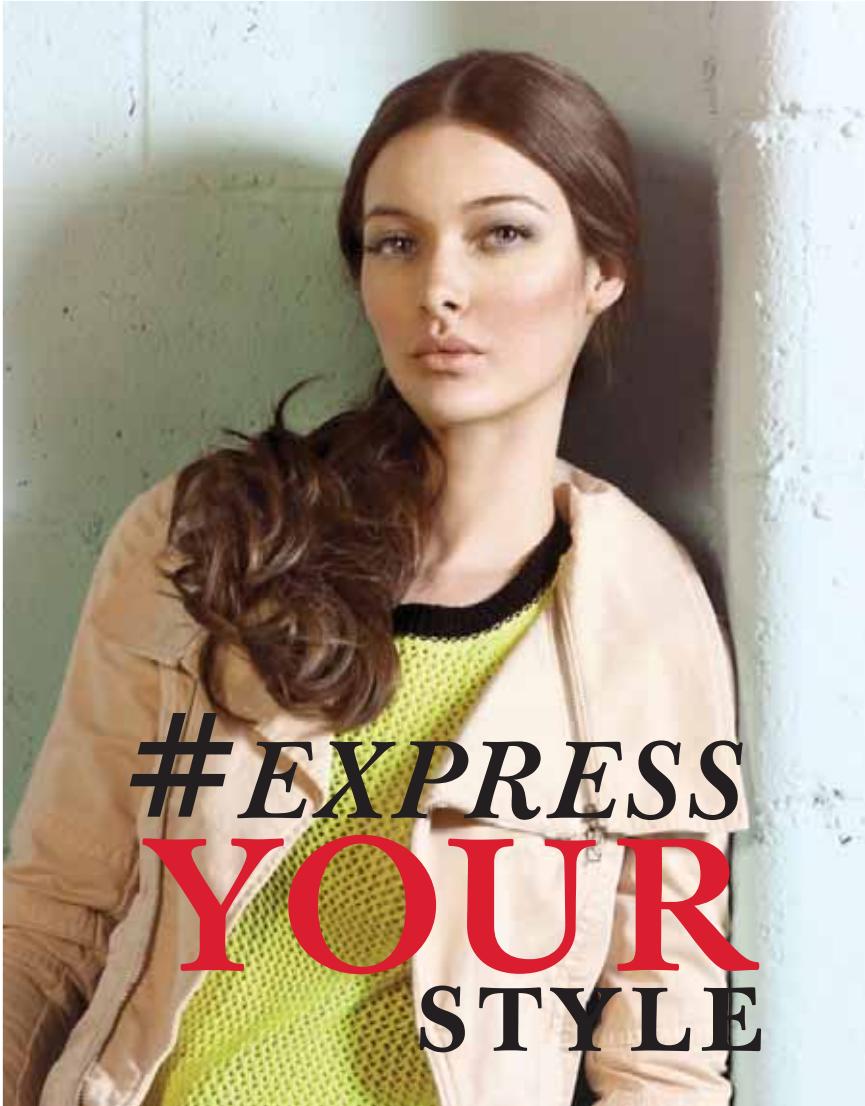
Here's what satisfies me. Professionally, it's making people laugh. Nothing distracts us more from the hardest moments of life than a good laugh. It is very satisfying to give the gift of laughter to someone who needs it.

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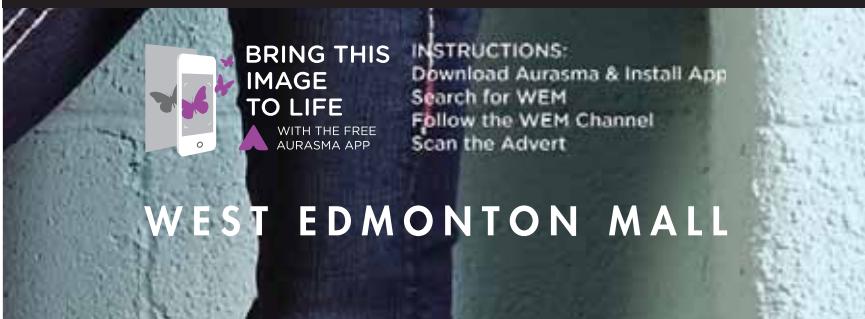


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Justin Bieber ALL PHOTOS: GETTY IMAGES

Fast and furious: Bieber's neighbours mad at driving

Justin Bieber's neighbours are so fed up with he and his friends' reckless driving in their gated Calabasas, Calif., community that they've asked the police to intervene, according to E! News. There's also been an emergency Homeowner's Association meeting planned to address the issue. "It has been escalating for the past six months. He has begun to flip over to a really dark side," a neighbour says of Bieber's "aggressive, reckless" behaviour. "They have sent him warnings. He's out of control."

Everyone has a Bieber white Ferrari story. God forbid someone gets hurt by that car. He just feels like he is above the law." There are apparently some laws he's not above, though, as Bieber once again found his age to be an obstacle to having a good time. The 19-year-old reportedly requested an invitation to the Miami Heat's victory bash last week at a South Beach nightclub but was turned down by both the club management and the team because he is under 21, sources say.

Princess Di film won't feature Will and Harry

While Princess Diana will be getting the Hollywood treatment later this year with Diana starring Naomi Watts, the film won't actually feature much of her sons, Prince William and Prince Harry, according to the Daily Mail. Sources say there is only one "significant scene" featuring the boys. Director Oliver Hirschbiegel says that additional scenes with the boys were cut because "it never felt right to have them in the film."



Naomi Watts

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Forget zombies, it's the attack of the lizard people



STARGAZING
Malene Arpe
scene@metronews.ca

Brad Pitt says World War Z is "the most intense thing you're gonna see all summer." Oh, I don't know about that. Alcide eating someone's arm on last week's True Blood was pretty arghhhh.

Kim and Kanye reportedly name their baby North West. The Northwest Territories, Oliver North, North By Northwest, WestJet, North Korea and the West Nile Virus plan a class action suit. Kris Jenner, meanwhile, refers to the child as Kompass.

Ryan Reynolds drops out of the Highlander remake. That's really too bad. We were all looking forward to Connor MacLeod of the clan MacSmartass.

Jennifer Lopez joins

33, the dramatic movie about the trapped Chilean miners. "Oh," Jennifer said, "My mistake. I thought it was a movie about famous, beautiful people who are 33. Just like I am. Ooops."

Nigella Lawson's husband, who was photographed choking her, says it was "just a playful tiff." That's plausible. And the swift kick that should be aimed at his crotch is what I would describe as "a gentle kerfuffle."

Leslie Gold of the show Hardcore Pawn says he would buy Kim Kardashian's baby's dirty diapers. "That's so disgusting," says Kris Jenner. "What in the world is wrong with you? We wouldn't sell that ... unless you also buy the umbilical cord."

A member of Whitby Town Council in England says he's regularly abducted by lizard people and has fathered an alien baby but it's no big deal and he just wants to fix potholes. "Why can't we have that kind of politician?" asks everyone in Montreal and Toronto.



Amanda Bynes

Amanda Bynes 'nose' what the people want

Amanda Bynes finally got her nose job this weekend, revealing on Twitter that she's got a lot more about the operation to share. "I'm going to post a video of some

of the procedure on my Twitter," Bynes writes. "I need one more procedure to thin out the bridge of my nose." So we all have that to look forward to.

Twitter



@Sethrogen

Just flew from Australia to London, which I think is as far as you can travel on earth before you're heading back to where you started.



@ElizabethHurley

Yes-I am putting off packing and learning lines by tweeting nonsense.



@kevin_nealon

Lost my cell phone in Johannesburg last night. Please address your future tweets to @MullahSo-wungo the Cab Driver.

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Pros and cons of paying allowance



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

The paying of an allowance is a personal choice. To help you figure out where you come down in the debate,

here's a handy list of pros and cons.

Pros

- Kids learn about the real-world concept of "work for money." The sooner they understand this dynamic, the better.
- Kids have the opportunity to save their own money toward the purchase of things they want but you don't want to buy.
- You can easily bribe them to clean up their rooms, clear

the table, do some vacuuming and maybe even fetch a glass of wine every now and again.

Cons

- The concept of contributing labour simply because they are a member of a functioning family is lost.
- Every chore in the house soon has a dollar amount attached to it.
- They might save their money and spend it on items you think are frivolous (at best) or dangerous (at worst).

Where do I land on this? Well, as the boss of my family, I believe in paying allowance. I know this is how the real world works, and I know that kids under the age of 14 can't earn good money working outside the home.* (*Legally. But check around. You never know.)

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No diaper? No problem, with EC

Toilet training.

The new parenting trend is "elimination communication." What is it and how can you implement it at home?

DOROTHY ROBINSON

Metro World News in NYC

It seems impossible: A baby — many times not much older than newly born — goes to the bathroom directly into the toilet and not a diaper. Devotees of "elimination communication" (EC) say that it can happen.

Christine Gross-Loh has been preaching this alternative to toilet training for years; her book, *The Diaper Free Baby*, has been the instruction manual for EC devotees since it was published in 2007. Here she gives advice on being number one in the "number two" business.

How is EC different from regular toilet training?

The most basic difference is that you start EC earlier, before a child has become so used to eliminating in diapers that potty training is a whole new transition he has to get used to (and may be resistant to).

Babies are born with this awareness of elimination, but as they become used to eliminating in a diaper all the time, they lose that awareness — and have to work on becoming aware

EC for every parent



- Gross-Loh aims to make *The Diaper Free Baby* accessible to all types of parents and she writes for three categories: full-time, part-time and occasional EC-ers.
- She also includes a support group within the book that includes inspiring testimonials and tips throughout every chapter.

again when they reach the age of conventional toilet training. EC-ed children are often out of diapers completely at or before the age when most children are just beginning to embark on potty training.

What advice do you have for working parents who live in cities who may want to try EC?

EC can be done during the evening or on weekends. Even if you are at home with your baby full-time, you may not be doing EC full-time. It's easy to have some diaper-free time during the evening, or sit your baby on the potty before and after his

bath. Doing EC does not mean you have to ditch diapers completely.

What are some drawbacks to EC? Benefits?

It's hard to do anything when it's not a cultural norm — you may get less support and less information. Information about EC — about typical stages, about the logistics — is really key. Luckily, the information and support is out there as more and more parents do EC. And there are so many great reasons to give it a try: There are communication benefits (you learn to read your baby just as you learn how to figure out when he is hungry or sleepy), environmental and economic benefits (you go through fewer diapers) and health benefits (less diaper rash). Finally, you are not relying on diapers so much that your child becomes reluctant to let go of them, a problem that some parents face when doing conventional toilet training.

Why do you think EC has taken off in recent years?

I think it's because there are so many parents out there who know more about the world around us. They know that in cultures around the world, it's not at all the norm for a baby older than one to be in a diaper.

When you know that this isn't a universal thing, it makes you feel more open to understanding why and how this is, and to realizing there are some viable lessons here for us.



Looking for a new alternative to toilet training? ISTOCK IMAGES

Preschool cholesterol? Bad eating habits start early



A new study suggests that preschoolers' eating habits could put them at risk for cardiovascular disease later in life. THE CANADIAN PRESS

Eating behaviours of preschoolers, such as having meals while plunked in front of the TV, can lead to elevated cholesterol levels that could put kids at risk for cardiovascular disease later in life, new research suggests.

The 2008 to 2011 study of almost 1,100 children aged three to five found those with poor eating behaviours had higher blood-cholesterol readings than

children who had healthier eating habits.

"It shows that we should pay attention to how children eat, not just what they eat," said Dr. Nav Persaud, a family physician and researcher at St. Michael's Hospital in Toronto, who led the study.

"We should be paying close attention to these young children, preschoolers aged three

to five, because the early changes that may lead to serious problems later on are occurring in this age group and it's an opportunity for us to intervene early and get kids on the right track," he said.

The study, published Monday in the Canadian Medical Association Journal involved 1,076 preschoolers enrolled in the TARGet Kids! practice-based

research network in Toronto.

Researchers found that "the less healthy the eating behaviours, the higher the cholesterol level," said Persaud. Those behaviours include eating while watching TV — and likely when engaged with other screens, such as computers and tablets — and snacking on fluids that can leave kids feeling full at mealtime. THE CANADIAN PRESS

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I get by with a little help from my co-workers

The task of the ask.

Inquiring with others when you're unsure at the office should never bring you shame

ASHLEY MILNE-TYTE
Metro World News

Most of us don't like asking for help at work, even when we're overwhelmed. We fear it makes us look weak. In fact, it can bring huge benefits.

Last year I was interviewing a successful small business owner when she mentioned one thing that had initially held her back: feeling she had to do everything herself and do it perfectly. But she soon realized her male counterparts were asking other entrepreneurs for help and advice all the time, and that this actually played a significant part in their success.

She let her guard down and began following in their footsteps. She now ad-

Fear of rejection

Why not ask for help?

- We tend to take "no" very personally. We need to take a step back and realize it's not always about us. "If we decide not to take it personally, the way we ask becomes different," Inam says.

vises all of the women she mentors to do the same.

I spoke to leadership coach Henna Inam about a few of the reasons why women in particular are so squeamish about asking for help.

I hate bothering people

To turn this perception around, think instead about how you'd feel if someone asked you for help or advice. Most of us, Inam points out, would feel flattered in that situation: "The ego feels good. You're able to give someone something

they need and want." So don't hold back.

It makes me look like I can't do it myself

There are two sides to this one. First, there's you grappling with your own ego, the stubborn inner child that insists you don't need help to achieve this thing. That's easily dealt with — just tell the child to pipe down.

Less easy, as I put it to Inam, is dealing with the fact that surely some colleagues or managers actually will see you as weak if you ask for help.

She admits that there is no good answer to this question. Yes, maybe they will. But she is against the idea of women living their lives in fear of what someone else may think about them.

"If (never asking for help) becomes an unconscious habit, that's when it becomes dangerous," she says.

In other words, by all means be judicious about who and when you ask — but if you need help, ask.



Feeling overwhelmed at work? Ask for help. iSTOCK

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metro

Of meetings and melting. Help your employees beat the heat this summer

Are you working in an environment without air conditioning this summer? Indoor or outdoor work conditions can pose a hazard to employees in the intense heat, so here are a few precautions any company can take to provide relief:

• One frequently overlooked summer risk is sunburns, but providing sunblock for your employees is a quick and easy way to provide them with some comfort and peace of mind on

blazing days.

• Keep your workers hydrated. Ensure there is plenty of bottled water on-hand for all workers, both inside and out.

• Aside from water, sport drinks and nutrient replacement drinks can help replenish the body's lost electrolytes.

• Provide breaks for workers to take a rest and have a snack or drink. In the summer heat, it is very easy to lose focus when

dehydration sets in, and in outdoor settings such as construction, maintaining a high degree of focus is important to everyone's safety.

• Ensure there is access to shade. Whether it's a small sport shade, a tent or a nearby air conditioned area, make sure workers can get a break from the relentless sun on very hot days.

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Make summer count by adding fun to math

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Give the brain a little boost between barbecues, bonfires and heading to the beach

ALISON BOWEN
Metro World News

This summer, when your child asks, "Are we there yet?" on that family road trip, you can have a new answer.

Surreptitiously relating everything to math helps children use their noggin in the summertime, suggests Glen Whitney, co-founder and co-executive director at Manhattan's Museum of Mathematics.

"Summer's a great opportunity, if you're out doing things, to make math more connected with the world," he says.

Whitney says summer can be a prime time to sneak math into warm-weather activities, from a routine summer family road trip to a baseball game.

"Kids are naturally curious, and they want to be able to figure out things," he says. "They want to figure out, how long it's going to (take) me to save up for that skateboard."

Whitney gave Metro five ways to sneak math into summer activities:

When your kids ask that quintessential question, "Are we there yet?" make it a math problem

Ask them to calculate how far away you are and how long it will take to reach your destination. This may also be a chance to invoke the "when I was your age" card — "When I was a kid, you had to look at the little numbers on the map and look them up," he recalls. "Now, you don't have to do that any more, thanks

to Google Maps." Explain the odometer and how it changes as you move along.

Bring children along while you shop for a camping trip or a summer barbecue

"Anything you can involve your kids in that kind of budgeting, planning or estimating" is great, he says. Explain the budget and, as you approach the checkout, ask them to tabulate a rough estimate of how much everything will cost.

Point out shapes

If you are in the city, for example, ask kids what shapes they see. A building could be a rectangle, and a roof could be a triangle. This introduces kids to, or helps them keep up with, basic geometry.

Sporting success

If your child is a sports fan, get them involved with the numbers in the game

- For example, if they're a fan of a certain baseball

star, ask them how many hits he needs to get his batting average up or how many games your local sports team needs to win to increase their ranking.



Look around you! Education can be found in unlikely places. iSTOCK

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- Provide solutions and options for managing all our newspaper pick up points

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- Familiar with the City of Calgary
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- Able to work flexible hours
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This potato salad is the cream of side dishes



BBQ potato salad with crispy red onions. THE CANADIAN PRESS

This rich and creamy potato salad can be served warm or cold. The crispy red onions add a unique touch to this summer staple.

1. Heat oven to 200 C (400 F).

2. Place potatoes horizontally on cutting board and slice vertically into 1-cm (1/2-inch) thick slices. Brush with 15 ml (1 tbsp) of the olive oil; season with salt and pepper.

3. Place in a single layer on a

non-stick baking sheet; bake for 20 minutes.

4. Remove sweet potatoes to a plate. Return baking sheet (with remaining potato slices) to oven; continue baking for 5 minutes or until just tender.

5. Heat barbecue to medium-high heat. Brush potatoes with remaining olive oil. Grill on greased grill for 3 to

4 minutes per side or until grill marks appear. Let cool.

6. In a large bowl, whip cream until soft peaks form; stir in mayonnaise. In a small bowl, combine dill, mustard, lemon zest, sugar, parsley, thyme, cayenne and garlic; fold into cream mixture. Stir in potatoes; toss gently to coat. Serve with crispy onions on top.

Crispy onions

Slice onion in half and cut into fine slices. In a bowl, toss onion with flour; shake off excess. In a large skillet, add enough oil to coat entire skillet and heat on medium heat. Add onion and cook in batches until golden, adding more oil if necessary.

Remove to paper towels.

Divide potato salad among serving plates. Top with crispy onions and green onion. THE CANADIAN PRESS/ CHEF DEVAN RAJKUMAR

Grilled Portobello 'Dog'. Tasty mushroom creation is a fungi to BBQ with



You don't need meat for a BBQ dinner. NICOLE MACPHERSON OF YUMMYMUMMYCLUB.CA

Even though we hardy Canadians use the barbecue year-round, I still think of this time of year as the beginning of barbecue season.

The boys in my house love barbecued hot dogs, and in the spirit of togetherness I would like to join them in this; however, tofu dogs and sausages are not, in my opinion, edible. One of my girlfriends calls them "not dogs" which I think is an apt description. I created this recipe so that I too could have something tasty in a bun during those sunny days.

1. Start by placing the mushrooms in a shallow bowl.

2. Whisk together olive oil, vinegar, garlic, and honey; pour over mushrooms and marinate for 2-3 hours.

Ingredients

- 2 Portobello mushrooms, stems and gills removed
- 2 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- 1 clove garlic, crushed
- 1 teaspoon honey
- Whole wheat hot dog/ sausage buns
- Goat cheese or cashew cheese

3. Grill over a hot barbecue for about 10 minutes. Spread cheese on buns; slice mushrooms lengthwise and arrange inside bun. If desired, drizzle with leftover marinade. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Shake up your summer grill options with Shishito peppers

Never had shishito peppers? You need to track them down. Right now.

First, a primer. Shishito peppers are small, thin Japanese peppers. They look a bit like a longer, thinner jalapeno. But the flavour is quite different. While jalapenos have thick flesh and an assertive heat most

Ingredients

- 1 each sweet potato, yellow-fleshed and purple or red potato (each about 250 g/1/2 lb)
- 30 ml (2 tbsp) olive oil, divided
- Salt and fresh cracked black pepper, to taste
- 125 ml (1/2 cup) 35 per cent whipping cream
- 50 ml (1/4 cup) mayonnaise
- 22 ml (1 1/2 tbsp) chopped fresh dill
- 15 ml (1 tbsp) whole grain mustard
- 15 ml (1 tbsp) grated lemon zest
- 5 ml (1 tsp) brown sugar
- 5 ml (1 tsp) each chopped fresh parsley and thyme leaves
- 2 ml (1/2 tsp) cayenne
- 1 clove garlic, minced

Crispy Red Onions:

- 1 red onion, peeled
- 30 ml (2 tbsp) all-purpose flour
- 125 ml (1/2 cup) vegetable oil (approx)
- 1 green onion, chopped

Healthy eating

Choose it and lose it

Dairy Queen is a favourite for cooling off as summer starts to heat up. Just watch what you choose.



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Dairy Queen medium chocolate dipped cone (199g)

480 calories/21 g fat/47 g sugar



Equivalent

One Dairy Queen chocolate dipped cone is equal in fat to five Chapman's Vanilla frozen yogurt bars.



Dairy Queen medium chocolate cone (199g)

340 calories/11 g fat/34 g sugar.
This delicious chocolate soft serve ice cream saves the extra calories and fat because there's no chocolate coating.



Ingredients

- 1 pound shishito peppers, left whole
- 2 tablespoons toasted sesame oil, divided
- 1 tablespoon coarse or flake salt, such as Maldon or kosher
- 1/4 cup finely chopped almonds



Shishito peppers. AP PHOTO

a darling of the restaurant scene. Nothing on the epic scale of ramps, which New York chefs in particular went a little crazy for a few years ago. But they have been showing up on more and more menus across the country. Shishito peppers generally are served as a starter, often heaped in a bowl and munched. And the prep couldn't be easier. They are cooked whole, usually with a splash of oil and just enough time in the skillet to lightly brown in spots. Seasonings can vary, though coarse salt is a must.

In addition to having a wonderfully addictive flavour — the trinity of oil, salt and a gentle heat helps here — shishito peppers are perfect for summer.

Start to finish: 15 minutes and serves 4.

1. Heat a grill to high. In a large bowl, combine the peppers and 1 tablespoon of the oil. Swirl and toss the pep-

pers until evenly coated with the oil.

2. Using tongs, arrange the peppers on the grill so they lay across the direction of the grates (not with them). The goal is to prevent the peppers from falling through the grates. Cook, turning often, until the peppers begin to brown and blister, about 4 to 6 minutes.

3. Return the peppers to the bowl (no need to wipe it out). Add the remaining oil, the salt and almonds, then toss well. Transfer to a serving bowl and serve immediately.

Nutrition information per serving: 140 calories; 90 calories from fat (64 per cent of total calories); 10 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 12 g carbohydrate; 6 g fibre; 5 g sugar; 4 g protein; 1,450 mg sodium. THE ASSOCIATED PRESS

MLB

Jays roll to team-record-tying 11th straight victory

Edwin Encarnacion and Colby Rasmus homered while Josh Johnson earned his first win of the season as the Toronto Blue Jays defeated the Baltimore Orioles 13-5 on Sunday to tie a franchise record with their 11th straight victory.

Jose Bautista put the game out of reach with a bases-clearing double in the seventh inning to the delight of the sellout crowd of 45,214 on a hot, sunny afternoon at Rogers Centre.

Toronto (38-36) moved two games over the .500 mark by completing the three-game sweep. Johnson, who pitched into the seventh inning, had plenty of early run support as the Blue Jays put nine runs on the board in the first three frames.

THE CANADIAN PRESS

NHL

Maple Leafs look to La-La Land for help in the crease

The Toronto Maple Leafs looked to end their goaltending questions Sunday by trading for goalie Jonathan Bernier.

Bernier, stuck behind Jonathan Quick with the Los Angeles Kings, wanted to play more. The Leafs, according to GM Dave Nonis, were interested in upgrades at any position.

Toronto gave up forward Matt Frattin, backup goaltender Ben Scrivens and a second-round pick in either the 2014 or 2015 NHL Entry Draft.

THE CANADIAN PRESS

Top skaters hobbled in crawl to Stanley Cup

NHL playoffs. Health statuses of Chicago's Toews and Boston's Bergeron loom over Game 6

Jonathan Toews means everything to the Chicago Blackhawks, and Patrice Bergeron is the same to the Boston Bruins. This has been a classic Stanley Cup final in large part because those players have put in peak performances.

Toews and Bergeron left Game 5 with injuries and it's uncertain if either will play in Game 6 on Monday night in Boston. If they aren't able to, or do at less than 100 per cent, it changes the dynamic of the series as the Blackhawks are one win away from celebrating another championship.

"Both great players. I think any coach in the league, any player in the league would like to have those guys on their team," Chicago left-winger Patrick Sharp said.

Looking at the production on the ice, it's probable that no two players have had a bigger influence on the cup final than Toews and Bergeron. Coach Joel Quenneville's reuniting of Toews and Patrick Kane might have been exactly what the Blackhawks needed to cure their offensive woes, while Bergeron is as consistent an all-around performer as anyone will find in the NHL.

"He does everything right, basically," Bruins left-winger Brad Marchand said. "He's such a great face-off guy.... He's very tough to play against defen-



Chicago captain Jonathan Toews, left, and Bruins centre Patrice Bergeron are battling injuries heading into Game 6 of the Stanley Cup final on Monday night in Boston. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

sively, and he's been doing a very good job at playing against their top guys."

Boston coach Claude Julien called Bergeron day-to-day with a "body" injury. Quenneville said the Blackhawks were "optimistic" that Toews would play in Game 6.

THE CANADIAN PRESS

Boychuk avoids ban

There was no sanction Sunday after the big hit by Bruins defenceman Johnny Boychuk on Chicago captain Jonathan Toews in Game 5.

- "There wasn't a penalty on the play, and it was one of those hits in a tight area in front of the net," Blackhawks coach Joel Quenneville said.

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SPORTS

Eskimos in no rush to make final cuts

CFL. Edmonton releases players more than 12 hours past league-mandated deadline

The second time definitely wasn't the charm for Cary Harris.

The defensive back was among the Edmonton Eskimos' final cuts, the CFL club announced Sunday. Harris, a 2009 sixth-round draft pick of the NFL's Buffalo Bills, was let go by the Eskimos earlier during training camp, then re-signed, only to be released a second time.

Like all CFL teams, the Eskimos had to reduce their roster down to 46 players by 8 p.m. on Saturday night. However, Edmonton was the only league squad to release their final cuts Sunday.

Also among Edmonton's final cuts were offensive linemen Taylor Servais, Carson



Cary Harris with the New York Giants in 2011. GETTY IMAGES FILE

Witten.

Kent was a four-year CFL veteran, having spent time previously with Montreal and Winnipeg before landing in Edmonton last season. He appeared in 70 career games, registering 197 tackles, one interception and six fumble recoveries while scoring two TDs.

Cody, a former Oregon Duck in his first CFL training camp, took to Twitter to discuss his situation.

"Well Canada, Edmonton, it's been real... Real short, real shady, and most of all a real learning experience. Good luck to all my OL guys," he tweeted.

The release of the six-foot-six, 284-pound Rockhill was a surprise, considering Edmonton acquired his rights in February in a five-player trade with Hamilton, which selected the former Calgary Dinos player in the second round of the 2012 CFL draft.

THE CANADIAN PRESS



Spain works way into semis

Spain's Jordi Alba celebrates his goal in the third minute during a FIFA Confederations Cup match against Nigeria on Sunday in Brazil. Alba also scored in the 88th minute as World Cup champion Spain won 3-0 to set up a semifinal showdown with Italy. CLIVE ROSE/GETTY IMAGES

NBA

Rivers on his way to L.A., source says

Doc Rivers will be the next coach of the Los Angeles Clippers if the NBA approves the rare but not unprecedented trade of an active coach, a Boston Celtics official told The Associated Press on Sunday night.

The deal would bring Boston a first-round draft pick in 2015, according to the official, who spoke on condition of anonymity because the deal couldn't be final until a trade call with the NBA office. Rivers, who had three years and \$21 million left on his contract with the Celtics, must also reach an agreement on a new deal with the Clippers.

Celtics spokesman Jeff Twiss said the team had no announcement.

The tentative agreement on Sunday wraps up weeks of haggling over the deal and frees Rivers from presiding over the dismantling of the team that won the franchise's 17th NBA title in 2008.

THE ASSOCIATED PRESS

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Horoscopes

Aries

March 21 - April 20

By all means take advice from your friends but don't let anyone dissuade you from following your chosen course of action. If in doubt, listen to your inner voice.

Taurus

April 21 - May 21

Try not to give in to feelings of self-pity today or it may color your entire week — in shades of dismal gray! You may be under pressure at the moment but you are tough enough to take it.

Gemini

May 22 - June 21

Someone you think of as a friend is planning to get rich at your expense, so err on the side of caution in all partnership matters. Just because they were honest yesterday does not mean they will be honest today.

Cancer

June 22 - July 23

It is too late to change the outcome of a long-running drama. All you can do is let fate take its course and trust that it will all work out fine in the end.

Leo

July 24 - Aug. 23

If you want a peaceful life over the next few days you are advised to keep your opinions to yourself. That applies both to what you think about the state of the world and to other people's private affairs.

Virgo

Aug. 24 - Sept. 23

You will have to make a few sacrifices this week, but it's really no big deal. In fact you will rather enjoy putting yourself out for other people's benefit.

Libra

Sept. 24 - Oct. 23

There are so many changes going on at the moment that it may be a bit bewildering. In time, of course, everything will become clear but for now you are advised not worry about the future.

Scorpio

Oct. 24 - Nov. 22

Are you thinking for yourself or are you following a fad just because everyone else is? It may be the latter and that is something you need to watch. There is no such thing as a "correct" opinion.

Sagittarius

Nov. 23 - Dec. 21

You may be thinking of giving up on something that is not working out for you. Don't! Everything will change over the next few days and it's quite likely you will begin to make progress.

Capricorn

Dec. 22 - Jan. 20

Other people may be telling you that you need to make changes but your solar chart says they are wrong. You are on the path you are supposed to be on.

Aquarius

Jan. 21 - Feb. 19

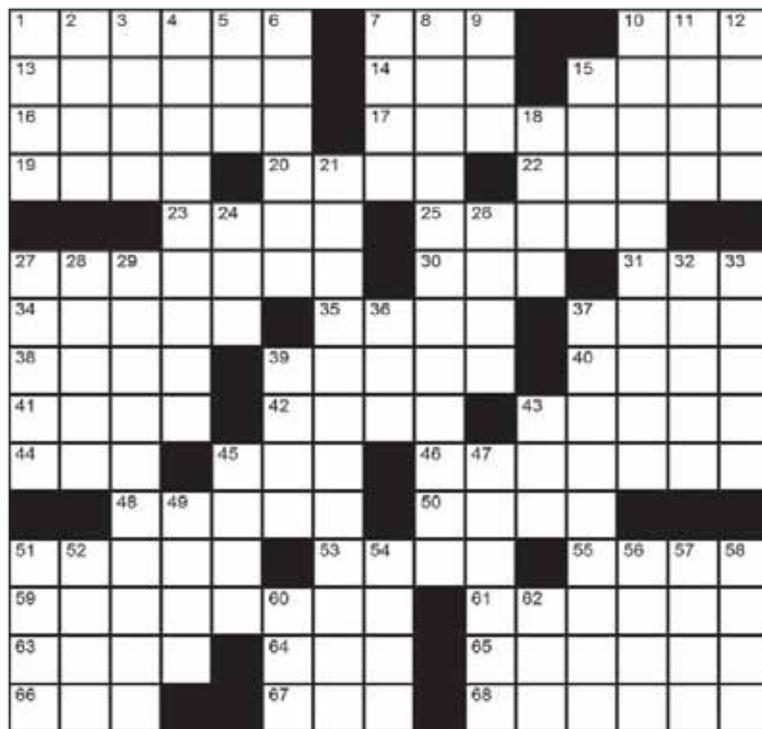
If your inner voice tells you to be careful you must listen to it. Cosmic activity in some of the more sensitive areas of your chart warns you are up against serious forces.

Pisces

Feb. 20 - March 20

You are on the right track, of that there is no doubt. So why the persistent feeling that something is about to go wrong? Whatever the reason you've got to get past it. Great things await you. **SALLY BROMPTON**

Crossword: Canada Across and Down



Across

1. The Ikea parking lot monkey
7. Belonging to Vancouver's prov.
10. "Casablanca" (1942) setting [abbr.]
13. Enthusiastic response to "Who wants ice cream?": 4 wds.
14. Baby __ (A.A. Milne character)
15. Largest union in the country [acronym]
16. Formed groups, __ up
17. NWT's __ Gulf (Named after Norwegian explorer Roald)
19. Alice's portrayer on "The Brady Bunch", ___. Davis
20. Goblet part
22. Skirt style
23. Diet ads word
25. Spherical
27. Select a politician: 2 wds.
30. Greek alphabet letters
31. Car fuel
34. Opinionated newspaper columns
35. "Dirty Jobs" host, Mike __
37. Mr. Walesa (Former leader of Poland)
38. De ___, Robert
39. Bobby-__ (1940s teen)
40. Opposing
41. "Rats!" ...less swearing-sounding brand
42. __ Little Tenderness" by Otis Redding
43. Computers: __ __
44. Actress Ms. Irving
45. Not in, Bob & Doug style
46. Attorneys
48. Mr. Hill of movies
50. Heartburn relief
51. __ rate
53. Industrial region of Germany
54. 'Noon' in Montreal
55. Shawnee chief (b.1768 - d.1813)
59. Detestable
60. Some trees
61. Decayeed
62. Married title
63. Stunned
64. Ms. Von Teese, Burlesque star
65. Port of Yemen
66. England's tennis championships
67. Some trees
68. Chemical suffix
69. Says 'hello over there' non-verbally: 2 wds.
70. Highlands hillside
71. Edmonton Eskimos home, __ Stadium
72. Old French coin
73. Disco, for one: 2 wds.
74. Encumbrance
75. Speck
76. Sad droplet
77. "Here comes trouble!" : 2 wds.
78. 9th Greek letter
79. Union payments
80. Not is
81. Toronto thoroughfare, Queen ___. Arfer!

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

11. Frank
12. Actor Mr. Auber-jonois
15. Caesar's 451
18. Catches
21. Reason a CF-18 might be dispatched: 2 wds.
24. Suppositions
26. Repenter
27. Small town in Saskatchewan near Saskatoon
28. Poppy product
29. Winnipeg-born singer of "Seasons in the Sun": 2 wds.
32. Thespian
33. Construction wedges
36. __ Power Degreaser (Palmolive dishwashing liquid)
37. Pamela Anderson's birthplace in British Columbia
39. Ancient colonnade
43. Uniquely-spelled mountain basin
45. Suffix meaning 'word'
47. Town in Ontario's York Region
49. Encumbrance
51. Speck
52. Sad droplet
54. "Here comes trouble!" : 2 wds.
56. 9th Greek letter
57. Union payments
58. Not is
60. Toronto thoroughfare, Queen ___. Arfer!

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 8 | 4 | 6 | 3 | 9 | 5 | 7 |
| 4 | 9 | 3 | 7 | 5 | 8 | 1 | 2 | 6 |
| 6 | 5 | 7 | 9 | 2 | 1 | 4 | 8 | 3 |
| 2 | 6 | 9 | 1 | 8 | 5 | 3 | 7 | 4 |
| 7 | 1 | 5 | 3 | 4 | 9 | 2 | 6 | 8 |
| 3 | 8 | 4 | 6 | 7 | 2 | 5 | 9 | 1 |
| 5 | 3 | 6 | 2 | 1 | 7 | 8 | 4 | 9 |
| 8 | 4 | 1 | 5 | 9 | 6 | 7 | 3 | 2 |
| 9 | 7 | 2 | 8 | 3 | 4 | 6 | 1 | 5 |

| | | | | |
|---|---|---|---|---|
| 7 | | | | 9 |
| 2 | 6 | 4 | 7 | |
| 8 | | 1 | | 4 |
| 9 | 1 | 3 | 6 | 5 |
| 5 | 8 | 4 | 2 | 7 |
| 2 | | | 5 | |
| 4 | 9 | 3 | 8 | |
| 3 | | | 6 | |

Weather

TODAY

MAX: 21°
MIN: 12°

TUESDAY

MAX: 20°
MIN: 14°

WEDNESDAY

MAX: 22°
MIN: 13°



MICHELE McDougall
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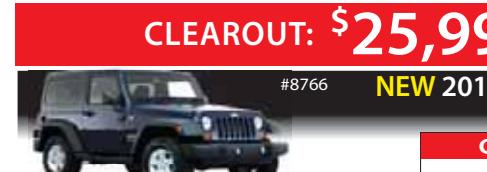


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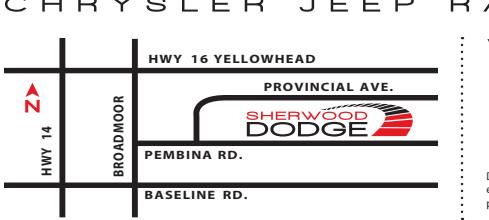
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CLEAROUT: \$16,998

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SALES HOURS:
Monday-Thursday 9AM – 9PM;
Fri. 9am-6pm; Sat. 9am-6pm;
Sun. 11am-4pm